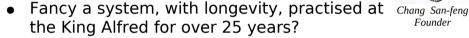
# AICHI



#### Are you:

- Looking for a way to get fit and stay fit?
- Wary of 'New Age' mysticism?

#### Do you:





Founder

Want to exercise the mind and body at the same time?

### Then why not start:

## *WUDANG PRACTICAL* T'AI CHI CHUAN IN 2015?

It includes the Dao Chuan or Hand Form everyone has seen but also Tui Shou or Pushing Hands from the very first lesson.

#### **Every Thursday Evening 8-9pm** from 8th January **@King Alfred Leisure Centre**

(No upfront payment, £6.50/h and your second lesson is free)

**Contact:** Tim Jones 07914388290

ptb jones@hotmail.com www.wwptaichi.50webs.com